

I CLAIM:

1. Adjustable lifting apparatus, comprising,
in combination,
 - a) a base,
 - b) multiple cords connected to the base,
 - c) a mover on a slide to be moved along a
slide path in response to force exertion by the user's
arms or legs,
 - d) a connection or connections between the
mover and one or more of the cords.
2. The combination of claim 1 including
weights connectible to said mover.
3. The combination of claim 2 including a
connector receiving weight imposed by said weights, and
having releasable connection to said mover.

4. The combination of claim 2 wherein said cords selectively and individually have releasable connection to said mover.

5. The combination of claim 3 wherein said cords selectively and individually have releasable connection to said mover.

6. The combination of claim 4 wherein said releasable connection includes pin and socket connections of said cords to said mover.

7. The combination of claim 4 wherein said releasable connection includes rings connected to said cords, and a lateral protection on said mover onto which said rings are selectively transferable.

8. The combination of claim 1 including a user's foot pusher associated with said mover.

9. The combination of claim 8 including a weight or weights associated with said mover to be pushed in a lifting direction by the pusher.

10. The combination of claim 9 wherein said mover has a first path of movement which extends upwardly, and at an angle from vertical.

11. The combination of claim 10 wherein said angle from vertical is between 30° and 75°.

12. The combination of claim 10 wherein said cords have attachment to slide apparatus, the attachment to be selectively displaced along a second path in a direction generally parallel to said path of movement.

13. The combination of claim 12 wherein said second path of movement is beneath the level of said first path of movement.

14. Lifting apparatus, comprising

- a) a base,
- b) multiple cords connected to the base,
- c) a mover to be moved in response to force exertion by the user's arms or legs,
- d) weights movable with the mover,
- e) the cords selectively and individually having releasable connection to the mover, said releasable connections including rings connected to the cords, and a first lateral connection on the mover onto which the rings are selectively transferable.

15. The apparatus of claim 14 including a frame and a second lateral projection carried by the frame for storing cord rings nor transferred to the first lateral projection.